

WOUNDED HEALER AM I  
By Melanie Cleary—December 2009.

Wounded Healer am I, Melanie Cleary

Speaking out when the feeling overwhelms and then compels,  
Always with an Understanding that each of us comprehend only  
What we are capable of Understanding in those moments powerfully shared.

Accepting that there are those who change will never embrace  
Yet realizing that there are those who change will follow even chase,

My brothers and parents were my abusers  
They each had story nay reasons, their choice of behaviour exhaled  
In the ways they did...toward others...toward me Melanie Cleary.

I chose to understand those reasons and level of capacity

And forgave, but still spoke out.

And now, as an empowered thriving survivor, nay Wounded Healer  
Confident in my ability to manage those moments powerfully shared, abuse free,

Including keeping healthy relationship boundaries, my priority.

I remember this when working in the violence prevention arena  
Whether here on the listserv, public presentations, or teachable moments,

When faced with challenging idea sharing invoking reminiscence  
I find my place of female human compassion through Understanding,

Forgiving, Speaking out

And hope that even though change will not embrace another person through me,  
Just maybe I Melanie Cleary can help them come to understand

That each of us comprehend only  
What we are capable of Understanding in those moments powerfully shared.

MC